# SEX PROBLEMS AND SOLUTIONS

## Complete Guide

RIMTH MD

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# SEX PROBLEMS AND SOLUTIONS

## COMPLETE GUIDE

# SEX PROBLEMS AND SOLUTIONS

This is not adult book. Every adult should know about this book.

Because every man struggle in their sex life in some stages.

You can't tell about your problem nearest one too.

This book cures your sexual problem naturally without consult a doctor One stop solution for all your sex needs.

1. This book cure your premature ejaculation (PE) naturally 2. This book cure your erectile dysfunction (ED) naturally 3. This book cure your low sex drive naturally 4. This book teach you last longer method 5. This book cures all your sexual problems.

6. This book has sex boosting foods list.

7. This book teach you how to bigger your penis.

8. This book teach you about pregnancy 9. If you have any sexual problems first try this book.

10. This book teaches you how to prepare before sex.

## MAIN CONTENT OF THIS BOOK

- Sex Boosting Foods
- Sex Boosting Herbs
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- Foods that act like Viagra
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- How to prepare before sex
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- Big Draw Method Technique
- Cool Draw Method
- Hot Spot
- Cardio
- Natural Viagra
- Mudra Technique and
- More

# SEX BOOSTING FOODS

Foods can increase your sex drive naturally Foods can cure your sexual problems naturally Foods can cure your erectile dysfunction naturally

# SEX BOOSTING FOODS PART 1

## 1. Spinach

Spinach helps to produce more testosterone. Testosterone is the Key for your sex

## 2. Asparagus

Asparagus increases your sex drive naturally

## 3. Garlic

Garlic is the best medicine for sex desire and general health. It Produce more blood flow especially towards the penis.

## 4. Banana

Banana contains more vitamins. It helps blood flow and increase libido.

## 5. Tomatoes

Tomato is the best food for sex drive. It increases your vitality and prostate health.

## 6. Nuts

For better sex eat more nuts. Nuts are a great source of zinc. For healthy sperm for men zinc is important.

## 7. Pumpkin seeds

Pumpkin seeds are natural libido medicine. It is improve your testosterone levels. It is the best food for sexual desire and sexual health.

## 8. Olive Oil

Olive oil helps stronger erections and increased sexual desire

## 9. Wheat germ

It helps testosterone production and increase in sex desire. It increases sperm production.

## 10. Oysters

It helps testosterone production and increase in sex desire. It also increases sexual stamina and sexual vigor

# SEX BOOSTING FOODS PART 2

## 1. Peaches

Peaches contain more vitamin C. Vitamin C helps to produce good quality sperm.

## 2. Eggs

Eggs are more essential for fertility. Daily intake of egg will give sexual stamina and increase libido.

## 3. Dark Chocolate

Dark chocolate Improve your sex life. It Increases more blood flow to sexual organs.

## 4. Strawberries

It increases quality of sperm. It increases your sex drive naturally

## 5. Blueberries

Blueberries (Natural Viagra) help stronger erection. It increases libido and sexual function

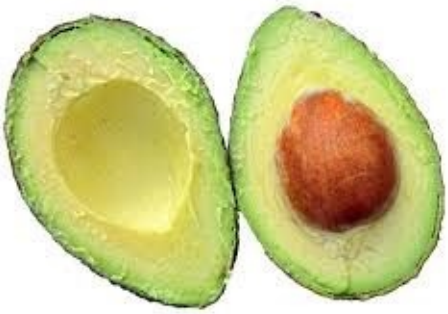
## 6. Meat

Intake Small amount of meat is good for health.

## 7. Salmon

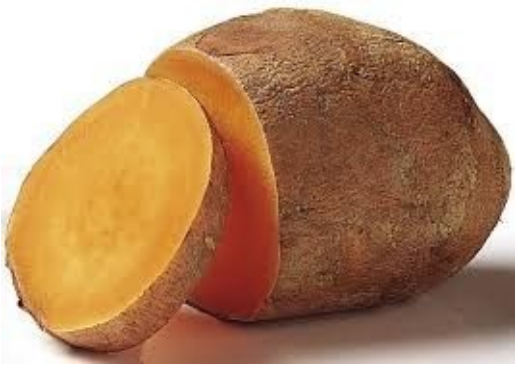
Salmon will produce sex hormone

## 8. Avocado



Avocado gives you more sexual energy.

## 9. Sweet potatoes



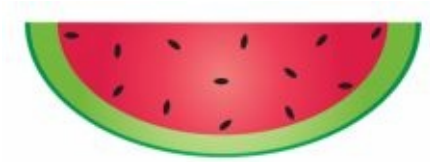
It cures erectile dysfunction

## 10. Sesame seeds

Sesame seeds are rich in the amino acid arginine. It increases your sex drive.

# SEX BOOSTING FOODS PART 3

## Watermelon



Watermelon improves your sex life. It improves blood flow and cure erectile dysfunction. It is a natural Viagra

## 2. Ginger

Ginger is the powerful food for sex. It stimulate the senses, it boost your libido

## 3. Celery

Celery is the best food for sexual stimulation

## 4. Saffron

Saffron Improves Sexual Dysfunction for men and women. Saffron can boost your sex drive. It is a Natural Viagra. Just use 1 or 2 threads to increase sex drive

## 5. Chili Peppers

Chili Peppers can increase nerve sensitivity, intensifying pleasure during sex. It stimulates the metabolism.

## 6. Figs

Figs can increase libido, sex drive and treat impotence naturally. Figs can be used for sexual weakness. Take 3 to 4 figs weekly.

## 7. Beans

It is good for your heart. It contains high protein. It is also good for your bedroom fight.

## 8. Peanut

All nuts are increase your sex drive

## 9. Broccoli

Eat more broccoli, have more sex

## 10. Pomegranate

It cures impotence, low sex drive and increase your libido. It also improves your sperm quality.

# SEX BOOSTING FOODS PART 4

## 1. Oranges

It contain high vitamin C. It improves your sperm quality. It increases your sex drive.

## 2. Mangoes

It increases your sex drive.

## 3. Cloves

Before going to bed take 2 - 3 cloves. It increases your sex desire. It increases blood flow into the penis.

## 4. Cardamom

It cures premature ejaculation and impotence. It helps last longer in bed.

## 5. Maca (Lepidium meyenii)

It cures infertility, and sexual healing

## 6. Basil

It stimulates the sex drive and boosts fertility

## 7. Ginseng tea

It improves your sex life. It cure erectile dysfunction

## 8. Onion

Onion boosts sex drive in men. It regulates blood flow to the male sex organ.

## 9. Drumstick / Moringa

It is useful for sexual weaknesses and Premature Ejaculation

## 10. Mushrooms

Mushrooms are rich in zinc. It boost sex drive in men

# SEX BOOSTING HERBS

- Herbs can increase your sex drive naturally
- Herbs can cure your sexual problems naturally
- Herbs can cure your Erectile dysfunction naturally

Some of the Herbs are given below:

# SEX BOOSTING HERBS PART 1

## 1. Ginseng

Ginseng used for male erectile Dysfunction and low sex drive.

### Dosage:

One and two grams (1000mg to 2000mg) per day

## 2. Maca (Lepidium meyenii)

It is used to enhance fertility and sexual performance.

**Dosage: one to 1.5 grams (1000mg to 1500mg) per day**

## 3. Ginkgo Biloba

It has a great source of antioxidants. It also very effective way to treat sexual dysfunction **Dosage:** 120 to 200 milligrams per day

## 4. Horny Goat Weed (Epimedium sagittatum)

**Benefits:**

It is used to treat erectile dysfunction, premature ejaculation and impotence.

It slows the aging process and improves energy levels

**Dosage:**

**250 to 500mg per day**

## 5. Kava

**Benefits:**

It calms the nerves and reduces stress in both women and men.

Dosage: 100 mg - 250 mg per day

## 6. Mucuna Pruriens (Mucuna / Kapikachhu)

### Benefits:

Kapikachhu increase male stamina, sperm count, and also boost your sex drive.

**Dosage:**

100mg - 400 mg per day

## 7. Shilajit

It is used for improving male sexual function and also used for increase libido and sexual performance

**Dosage:**

**300 mg - 500 mg per day**

## 8. Tongkat ali (Eurycoma longifolia)

Tongkat Ali is used to treat erectile dysfunction, and to increase sexual desire, libido and sexual performance.

### Dosage:

200-300mg per day

## 9. Pine Pollen

### Benefits:

It acts as a libido booster and natural sexual enhancer

**Dosage:**

2 - 6 grams per day

## 10. Cinnamon

It is very effective in boosting sex drive

### Dosage:

1 to 1.5 gram per day

# SEX BOOSTING HERBS PART 2

## 1. Damiana (Turnera diffusa)

Damiana stimulate blood flow to the genitals

### Dosage:

400 to 800 mg per day

## 2. Muira puama

It invigorates the sexual organs of both men and women and even promotes sex drive in impotent men

### Dosage:

1000-1500mg

## 3. Avena sativa (Oat straw)

It is used to improve sexual ability, increase libido, aid impotence and premature ejaculation.

## 4. Schizandra

It is used to improving general weakness, depression and sexual debility

### Dosage:

1 to 6 gram per day

## 5. Tribulus terrestris (Gokshura)

It improved quality and quantity of sperm. It also used for erectile dysfunction

### Dosage:

50-250 milligrams daily

## 6. Vanilla

Vanilla is used for impotence, erectile dysfunction, and Low libido

## 7. Catuaba

Catuaba is the most famous of all aphrodisiac plants

## 8. Lycium (Goji Berries)

Goji Berries can leads to stronger energy and vigor. It is known as the essential sexual tonic herb in Chinese herbalism.

**Dosage:** 10-30g of dried fruit

## 9. Yohimbine

It’s the most effective for erectile dysfunction

### Dosage:

5 to 20 mg per day

## 10. Ashwagandha (Withania somnifera)

Ashwagandha also helps relax the nerves, making it an important aphrodisiac.

Ashwagandha calms the mind.

This herb may increase blood flow to the genitals

# SEX BOOSTING HERBS PART 3

## 1 . Kaunch:

Kaunch herb used to cure premature ejaculation.

## 2. White Water Lotus

The seed of the white water lotus stimulates sexual energy

## 3. Shoe flower / Hibiscus:

It is an aphrodisiac flower.

## 4. Nutmeg (Myristica fragrans)

Nutmeg improves blood flow the genitals, and giving you heightened sexual experience. Don't take more

## 5. White Lily

White Lilies are beneficial for improving sex drive and sexual performance.

## 6. Saffron: (Crocus sativus)

Saffron can be taken with milk for better sex. It also benefit for depression.

## 7. Cnidium Monnier

Cnidium Monnier is the Chinese herb used for healthy libido in men and women, as well as providing support for energy and stamina

## 8. Serenoa repens (Saw Palmetto)

It improve overall reproductive function in men.

## 9. Shatavari (Asparagus racemosus)

Shatavari used for infertility. It can actually increase sperm production naturally. Shatavari is an aphrodisiac. It is also used for breastfeeding woman.

## 10. Talmakhana

It is used for sperm Count and premature ejaculation

# SEX BOOSTING HERBS PART 4

## 1. Chlorophytum borivilianum (safed musli)

Safed musli is a very popular aphrodisiac in India. It is particularly used for individuals with low sperm count and low libido. It is also used for Premature Ejaculation

## 2. Phoenix dactylifera (Date Palm)

It is used for infertility and Sperm Count

## 3. Kaempferia parviflora

It is traditionally used to enhance male sexual function.
Dosage: Up to 250 mg

## 4. Garlic

Garlic improves blood flow to your sexual organs.
Daily intake 3 to 4 gloves to maintain sexual health

## 5. Basil

Basil can increase sexual desire. It is also beneficial for the growth of sperm
Dosage: Up to 1500 mg

## 6. Clove & Clove Oil

Clove and Clove Oil increases blood flow and body temperature.

Clove oil also used for premature ejaculation.
Dosage: 5 - 6 No's

## 7. Rhodiola Rosea

It is used for erectile dysfunction and premature ejaculation Dosage: Up to 500mg per day

## 8. Fenugreek Seed (Trigonella foenum)

Fenugreek increased the sex drive naturally.

**Dosage:** Up To 20 grams per day

## 9. Siberian Ginseng (Eleutherococcus senticosus)

Siberian Ginseng can Increase male and female fertility and also Treat low testosterone in men

**Dosage:** up to 1000 mg per day

## 10. Wild Yam (Dioscorea villosa)

It increases sex drive and fertility Dosage: up to 1000 mg per day

## 11. Fennel

Fennel increases your sex drive. It also increases sperm production.

# PREMATURE EJACULATION
# Complete Guide

# PREMATURE EJACULATION

Uncontrolled ejaculation is called Premature Ejaculation. This ejaculation occur short period of time within 30 sec to 2 minutes.

Sexual intercourse is less than 2 minutes can be considered premature ejaculation.

## Causes of Premature Ejaculation:

- Psychological Causes
- Anxiety
- Stress
- Weak Pelvic Muscles
- Sexual Position
- Guilt
- Depression

# 30+ Solutions For Premature Ejaculation

## 30 + SOLUTIONS FOR PREMATURE EJACULATION

Natural Food

Breathing technique

Squeeze technique

Exercise Technique

Taoist's Natural Ejaculation Control Technique

Medicine

Condom

Spray *Cream* Gel

Change position

Acupressure technique

Water

Homeopathy Medicine

Pills

Behavioral Therapy

Herbs for Premature Ejaculation

Clove and Clove Oil

Penile Injection Therapy

Yoga Pose

Sexual ChiKong Exercise

External Prostate Massage

Tantric Technique

Scrotum Tug Technique

Speed of Your Strokes

Edging

Passion Pump Technique

Big Draw Method

Start-Stop Method

Bath

Cool Draw Method

Essential oil

Vitamin

Mudra

## NATURAL FOODS

Foods can increase your sex drive naturally Foods can cure your sexual problems naturally Foods can cure your erectile dysfunction naturally Some of the foods are given below. Daily intake more foods in below list:

## FOODS FOR PREMATURE EJACULATION PART 1

### 1. Asparagus

Asparagus boosting sex drive in men.

### 2. Eggs

Egg boosts your sex drive naturally. Daily intake 2 to 3 eggs will increases testosterone levels and also benefits for premature ejaculation

## 3. Dark chocolate

Dark chocolate can cure premature ejaculation. They stimulate blood flow to the male sex organ.

## 4. Carrots

Carrots are filled with vitamins and minerals. Carrots help to strengthen penile muscles as well and help in regulating blood flow to the male sex organ

## 5. Oats

Oats helps reducing anxiety and stress. Premature ejaculation linked with stress and anxiety

## 6. Ashwagandha

Ashwagandha has been used for centuries to improve sexual stamina in men. It prevents premature Ejaculation in men and also reduces anxiety and stress levels.

## 7. Avocado

Avocados are wonder fruit that contain more vitamins, fibers, Proteins. It acts as a natural sex boosters to men. It regulates blood flow into the genital organ

## 8. Blueberries

Blueberries increases your sperm count naturally. And also used for premature ejaculation in men

## 9. Banana

Bananas are super sex food. It increases sex drive and sperm count. And also benefit for premature ejaculation.

## 10. Walnut

They cure impotency, erectile dysfunction and also premature ejaculation.

## FOODS FOR PREMATURE EJACULATION PART 2

# 1. Cereals

Cereals contain thiamine and also niacin. Niacin is associated with longer and stronger erections, giving you explosive orgasms and longer periods in bed

## 2. Green Celery

Green celery increases your sex hormone and it is very good for premature ejaculation

## 3. Onions

Onion boosts sex drive in men. It regulates blood flow to the male sex organ.

## 4. Almonds

Almonds are rich in zinc and proteins. Zinc rich foods are natural remedies for premature ejaculation

## 5. Beans

Beans are rich in zinc. Beans like kidney beans are natural in boosting sex drive in men

## 6. Watermelon

Watermelon consumption helped men to overcome erectile problems and others have found it useful in treating early ejaculation.

## 7. Oysters

Oysters help to improve sexual performance. It boosts testosterone levels. If testosterone level increases simultaneously sexual drive also increases. Oysters are also beneficial for to treat premature ejaculation.

## 8. Mucuna pruriens (cowhage).

It increases semen volume and also benefits for premature ejaculation

# FOODS FOR PREMATURE EJACULATION PART 3

## 1. Ginger + Honey

Take half 5 ml of ginger and the same amount of honey and add this to a glass of warm milk. Take this before going to bed.

## 2. Honey + Nigella Sativa (Kalonji oil)

Take One tsp. of honey and add 5 to 10 ml of Nigella Sativa Oil (Kalonji oil). Take this before going to bed.

## 3. Castor Oil

Castor oil can be used for massaging into the prostate gland. Apply castor oil between the anal opening and the testicles. Massage in a circular motion

## 4. Drumstick / Moringa

It is useful for sexual weaknesses and Premature Ejaculation

## 5. Garlic

Garlic’s are super food to cure many diseases and also boost sex drive. It regulates blood flow to the male sex organ

## 6. Mushrooms

Mushrooms are rich in zinc. It boost sex drive in men

## BREATHING TECHNIQUE

Deep breathing exercise can cure early ejaculation. Take deep breath before sex.

## How to do breathing exercise?

Some of the breathing methods are given below. Do this before going to bed.

## Method 1

1. Inhale for 3-10 seconds.

2. Pause and hold for 3-10 seconds.

3. Exhale for 3-10 seconds.

4. Pause and hold for 3-10 seconds.

5. Again start.

## Method 2

Inhale through the nose, hold it and Exhale through the mouth Repeat it.

## Method 3

Inhale through left nose Exhale through right nose

## Slow Breath:

If you feel yourself coming close to orgasm slow down your breath. It controls your ejaculation very effectively.

## Concentration

While intercourse put all your attention on your breathing can control PE

**Tip : After insert first take deep breath then continues slowly will help you last longer in bed.**

## SQUEEZE TECHNIQUE

SQUEEZE TECHNIQUE FOR PREMATURE EJACULATION

Squeeze Technique is the one of the natural way to cure.

## How to do squeeze your penis?

Let us study below: Squeeze technique is one of the best ways to cure premature ejaculation It is done before ejaculation; tip of the penis is firmly squeezed . The squeezing technique stop the blood flow into the penis and it reduce your penis erection which prevents ejaculation.

In this method you can enjoy the sex last longer.

## EXERCISE TECHNIQUE

### KEGEL EXERCISE

Kegel exercise is the best exercise for premature ejaculation

### How to do Kegel exercise?

When you're urinating, you contract the PC muscle in order to stop mid-stream. This is the point you have to concentrate it. This method called as "Kegel"

Exercising this muscle is easy. You can do it anywhere.

Hold your PC muscle for 10 seconds and release slowly.

After few days try to hold 15 seconds. *20 seconds* 25 seconds Do you want to enjoy sex life longer, than do Kegel

## TAOISTS NATURAL EJACULATION CONTROL TECHNIQUE

Reverse abdominal breathing called Taoist breathing. In this method the abdomen contracts inward during inhalation and relaxes outward during exhalation Reverse breathing is often used by martial-arts experts This breathing technique is very effective for premature ejaculation. This technique works your abs too

## CONDOM

CONDOM FOR PREMATURE EJACULATION (PE) By using thicker condom you can reduce your penis sensitivity and you can enjoy the sex last longer.

## SPRAY *CREAM* GEL

SPRAY *CREAM* GEL

There are many delay sprays available in the shop to overcome premature ejaculation

**Some of the delay sprays are (Part 1):**

1. Climax spray 2. Stud spray 3. Rock Hard spray 4. Super dragon 6000 spray 5. Viga spray 6. DOOZ spray

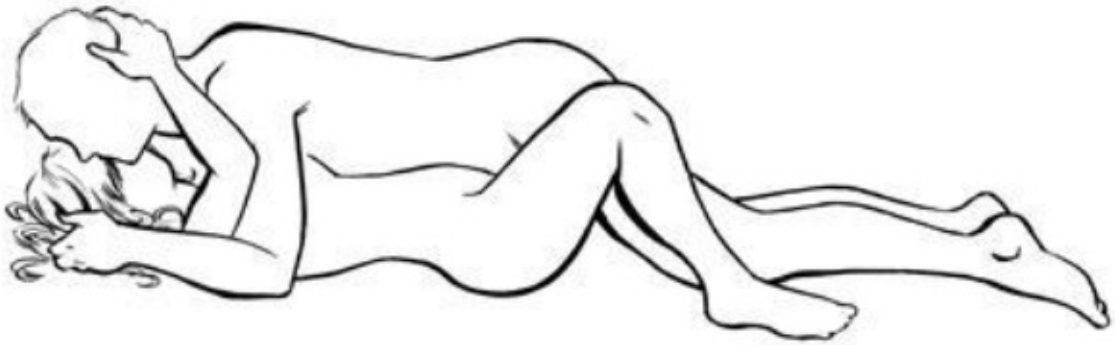
## Some of the delay sprays are (Part 2):

1. Excite Man spray 2. Jamaican spray 3. Lion power spray 4. Adam & Eve spray 5. Sex spray 6. Sta-Erect spray Like this many spray is there. Apply this spray and enjoy.

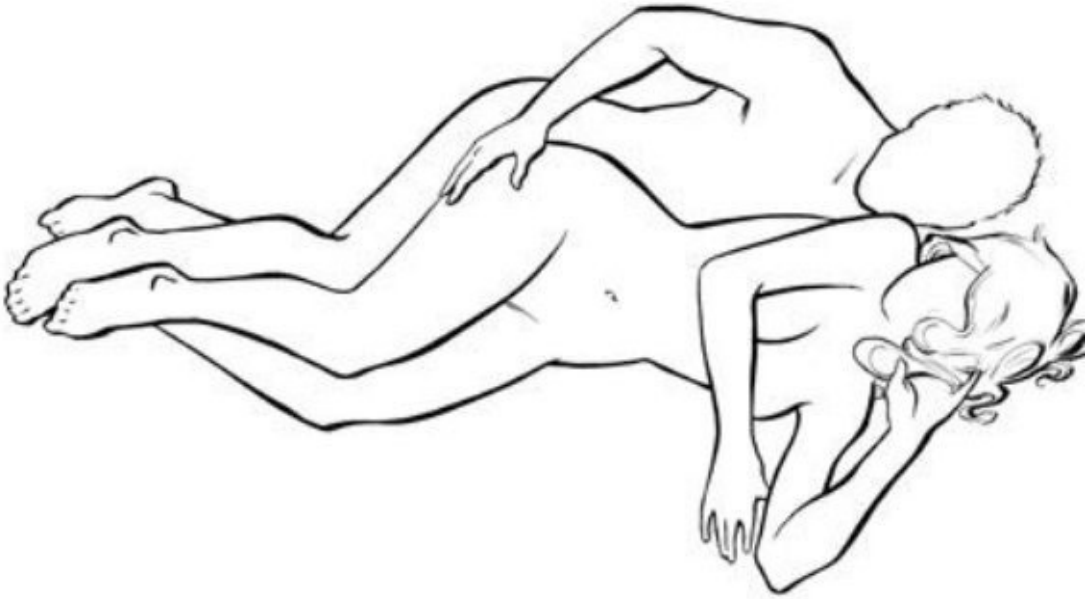
## CHANGE POSITION

Change your sex position

## Coital Alignment Technique



## Spooning



## Girl on Top (cowgirl)

## The Side By Side Position

## Sitting Position

## Reverse Cowgirl Position

## Crouching Tiger Position

Try to change your sex position and choose the best one

## ACUPRESSURE TECHNIQUE

Acupressure technique for premature ejaculation Pressing the Prostate Point This point also called as Million Dollar Point (MDP) By applying pressure (massage) on prostate / perineum you can delay your ejaculation This point exactly located between your testicles and anus.

When you're urinating try to press this point.

While applying pressure to this point urine will stop. This is the point you have to apply pressure.

Apply pressure gently 10 to 30 seconds while near to orgasm. Your duration increase depends upon your pressure.

## WATER

Cure Premature Ejaculation with Water Water is a Main component in the body.

Lack of fluid in the body causes debilitating sexual function.

Drink More water can cure Many diseases and also Premature Ejaculation too

## MASTURBATION

Masturbation (15 Min) before sex will help you last longer.

## HOMEOPATHY MEDICINE FOR PE

Many Homeopathic medicines are there to cure premature ejaculation without any side effects. Some of the homeopathy medicines are given below.

**Note: Don't take any medicine without consult your practitioner**

### Graphites

It is used for erectile dysfunction and premature ejaculation and also used for lack of libido

### Selenium

It is used for premature ejaculation and erectile dysfunction

### Agnus Castus

It is used for erectile dysfunction and also premature ejaculation Carboneum Sulphuratum

### Baryta Carbonica

It is used for ➔ Impotency
➔ Low libido
➔ Premature ejaculation

## Sulphur

It is used for Sperm Production and Premature Ejaculation

## Avena Sativa

It is used to for ➔ semen volume
➔ Erection Problems
➔ Fertility
➔ Premature Ejaculation

## Nuphar Luteum

It is used for ➔ Impotence
➔ Low Sperm Count
➔ Premature Ejaculation

## Lycopodium Clavatum

➔ Fertility
➔ Prostate Problems
➔ Premature Ejaculation

### Argentum Nitricum

It is used for ➔ Lack of desire
➔ Erection Problems
➔ Premature Ejaculation

### Damiana or Turnera diffusa

It is used for ➔ Impotence
➔ Low sperm count
➔ Premature Ejaculation

### Staphysagria

It is used for ➔ Impotence
➔ Premature Ejaculation

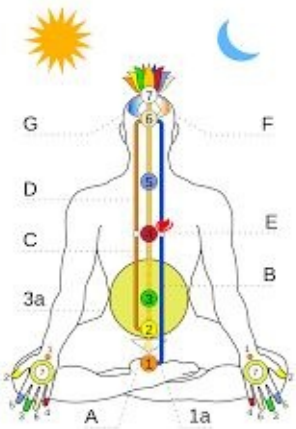
## Kali Bromatum

It is used for ➔ Debility
- ➔ Impotence
- ➔ Premature Ejaculation

## Nux Vomica

It is used for ➔ Infertility
- ➔ Premature Ejaculation
- ➔ Erectile Dysfunction

# TANTRIC TECHNIQUE




Tantric Technique used for premature ejaculation It is working on

- Breathing
- Pc Muscle

While coming orgasm stop stimulation and contract pc muscle Touch your tongue to the roof of your mouth and Take a Deep breath This technique will reduce your sexual stimulation

## PILLS

Different types of pills are there.

1. Selective Serotonin Reuptake Inhibitors
2. Phosphodiesterase Inhibitors
3. Antidepressant Medicines

## Selective Serotonin Reuptake Inhibitors:

SSRI used for Premature Ejaculation. Some of the SSRI medicines are given below:

- Sertraline (Zoloft)
- Clomipramine (Anafranil)
- Paroxetine (Paxil / Pexeva)
- Fluoxetine (Prozac).
- Citalopram (Celexa)

## Phosphodiesterase Inhibitors:

This medication can also be used to delay your rapid ejaculation. Some of the common phosphodiesterase inhibitors are ● Tadalafil (Cialis)

- Vardenafil (Levitra)
- Sildenafil (Viagra)

## Antidepressant Medicines:

- Tramadol (Ultram)
- Dapoxetine (Priligy)
- Clomipramine (Anafranil)

## BEHAVIOURAL THERAPY

Premature Ejaculation occurs because of Physical (Diabetes, Thyroid and etc) or Emotional Problems (Anxiety, Stress, Depression and etc) Cognitive Behavioral Therapy (CBT) treatment is used for premature ejaculation

## ● HERBS FOR PREMATURE EJACULATION

### Tongkat Ali

It stimulates your body to make more testosterone. It increases your sexual stamina and also benefit for early ejaculation

### Ginkgo Biloba

It will cure premature ejaculation and give you stronger erection

### Epimedium (Horny Goat Weed)

Epimedium used to treat Erectile Dysfunction, Premature Ejaculation It is used to increase semen volume.

### Withania Somnifera (Ashwagandha)

Ashwagandha is used for stress and anxiety. It increase a man’s libido and also used for premature Ejaculation

## Asphaltum (Shilajit)

Shilajit increases your sperm volume and it will give you more sexual stamina. It also benefit for premature ejaculation

## Mucuna Pruriens (Kavach Beej)

- Increase sperm quality
- Sexual Stamina
- Premature Ejaculation

## Tribulus Terrestris (Gokshura)

It is a natural sex Enhancer. It is boost your libido and also benefit for premature ejaculation. It produces more testosterone. If Testosterone levels Increases it can eliminate erectile dysfunction and low sex drive problems

## Asparagus Racemosus (Shatavari)

Shatavari also called as shatamull. It acts as a reproductive tonic for both male and female. It relieve stress and used for premature ejaculation

## CLOVE AND CLOVE OIL

Clove induces the circulation, and can enhance blood flow to all areas of the body, including the genitals. Clove will increases blood circulation to the penis.

Cloves are works as aphrodisiac for both men and women. Take 2 to 3 clove before going to bed.

Clove oil can be used as a desensitizing Agent. Apply small amount of Clove Oil to the sensitive "glans" area 30 - 45 min prior to sex. If you are not going to use a condom - wipe it off very well and make sure none is on your hands - as it will burn and sting your wife.

## PENILE INJECTION THERAPY

Penile Injection Therapy is a treatment for Erectile Dysfunction and Premature Ejaculation

When a man is not responding to oral medications then we go for penile injection therapy

## YOGA POSE

## Yoga Pose Part 1

## Raised Leg Yoga Pose

# Yogic Bridge Pose

# Seated Forward Bend Yoga Pose

## The Fish (Matsya Asana)

# The Plough (Halasana)

## Yoga Pose Part 2

## Ananda Balasana (Happy Baby Pose)

## Baddha Konasana (Butterfly Pose)

## Dhanurasana (Bow Pose)

## Bhujangasana (Cobra Pose)

## Ustrasana (Camel Pose)

## Shoulder stand (Sarvangasana)

# SEXUAL CHIKONG EXERCISE

## What is the Sexual ChiKong?

Sexual ChiKong is a kind of the exercises on your sex organ through the breathing control synchronizing with the contraction or expansion of your abdomen . This exercise will cure your premature ejaculation naturally

## Position:

Sit in calm place close your eyes and put the tongue to roof of the mouth Focus the mind between eyebrows.

## Method:

How to do Sexual ChiKong Exercise:

**3 Steps**

## Step 1:

- Inhale air through the nose and expand the abdomen
- Now move the mind to down to the novel

## Step 2:

- Hold the breath and move the expanded abdomen downward by contracting the upper abdomen. Now pressure increases against the bladder and prostate ● Now move the mind to prostate / perineum gland . It is located between anus and testicles

## Step 3:

- Now contract the anus and exhale the air through mouth
- Now move the mind from prostate gland, along the spinal cord, up to the forehead.

Do this 4 - 5 times daily

## EXTERNAL PROSTATE MASSAGE

Prostate is also called as Perineum. Prostate massage can be performed by applying study pressure or by rubbing in circular motion

### Location:

The perineum is located in between anus and Genitals.

### Lubrication:

- Coconut oil
- Olive oil
- Castor oil
- Almond Oil

Castor oil is best to do prostate massage

### Benefits of prostate massage:

- Healthy sex life
- Healthy urinary Tract
- Healthy prostate

## TANTRIC TECHNIQUE

Tantric Technique is applied at the point of ejaculation.

When you are near the orgasm stop stimulation and contract your PC muscle and lower the chin to chest.

Then take a deep breath.

## SCROTUM TUG TECHNIQUE

Scrotum Tug Technique also called as Testes tug technique. Testes going upward near orgasm. When you feel you are near to orgasm pull your testicles downwards. Your partner also can do this. Tell to her to gently pull down. This method will reduce your sensation . This is the best method for premature ejaculation.

## ✅ SPEED OF YOUR STROKES

When you have sex same as previous method leads to premature ejaculation . So you have to change sex position and also you should change your stroke speed (Slow stroke and fast stroke) 10 slow stroke and 1 fast stroke 9 slow stroke and 2 fast stroke like that you have to vary your stroke

## EDGING

Edging is a masturbation technique used for premature ejaculation.

Masturbete until close to the point of ejaculation and stop stimulation for few seconds. Again start to masturbate and stop it in the edge of ejaculation.

You can practice while doing sex .

## PASSION PUMP TECHNIQUE

Passion Pump technique developed from Taoist sexula kungfu technique.

By using this method you can pass sexual energy throughout the body.

## How to do passion pump?

Passion pump technique working on 4 simple tricks.

When you are near to orgasm 1.Take a deep breath 2. Squeeze the PC muscle 3. Roll your eyes 4. Touch your tongue to the roof of the mouth 5. Now you can feel sexual energy flowing throughout the body.

## BIG DRAW METHOD

In big draw method you move energy from the genital region along the spine and circulate it around the body.

## How to do it?

While you are near to orgasm simply squeeze your PC muscles. Now blood go away from genitals. This method decreases your arousal and the same time you draw the energy from the genital area by imagining an energy traveling up your spine into your brain.

By using big draw method you can achieve full body orgasm.

## COOL DRAW METHOD

Cool draw method also called as Testicle Breathing.

Massage your testicles until you get slight feeling of sexual energy. Now take a deep breath and simultaneously  pull upwards using the muscles around the testicles and anus.

As you do so, use your mind to visualize the sexual energy from your testicles being drawn out towards your anus. Then exhale slowly and relax. Repeat this breathing exercise a few times. While breathing, you should focus on the transfer of your sexual energy from your testicles across you perineum and towards the anus. You should eventually feel a tingling sensation moving across this path.

press your tongue Once this happens, continue to breathe slowly and focus on that energy. Move it away from your perineum via the anus all the way up your spine. You should be able to feel that tingling sensation moving through your body towards your head.

It might take up to 10 minutes. But, eventually the tingling will reach your head. At this point, you can press your tongue to the roof your mouth and feel the energy slipping away down the front of your body. The whole technique is based around visualization and the use of the mind, as premature ejaculation is often a mental problem.

You can practice this technique several times until you begin to master it. Then, during sexual sessions, make use of it. This will help to draw the sexual energy away from your penis and testicles, freeing the pressure in these areas. Thus, allowing you to have sex for longer periods of time.

## START-STOP METHOD

Start-Stop Method technique used for premature ejaculation While you are near to orgasm stop stimulation. After 30 sec to 60 sex again Start stimulation. Repeat it until you reach orgasms.

By practising start stop method regularly, you can overcome premature ejaculation naturally.

## BATH BEFORE SEX

Take a bath before sex.  Warm bath is better than cold bath.

## THRUSTING TECHNIQUE

Thrusting Technique helps a man last longer in bed.  You can thrust by deeper, slower, faster, and harder.

By varying your thrusting technique you can enjoy last longer sex.

(Shallow Thrusts to Deep Thrusts) (Deep Thrusts to Shallow Thrusts) (Slower thrust - Faster thrust) (Faster thrust to slower thrust) Shallow Thrusts: In this method putting the head of the penis only Deep Thrusts: In this method insert full penis into vagina Slow thrust: In this method insert penis into vagina slowly Fast thrust: In this method insert penis into vagina Faster

## ESSENTIAL OIL FOR PE

You can use essential oil by ❖ Burnt in Candles

- ❖ Breath in directly
- ❖ Massage oil

1. Ginger essential oil
2. Jasmine Essential oil
3. Sandalwood Essential Oil
4. Ajowan Oil
5. Mace Oil
6. Heeng Oil (Asafoetida)
7. Ashwagandha Oil
8. Peppermint Oil

# VITAMIN  FOR PREMATURE EJACULATION

- Vitamin C
- Vitamin E
- Folic Acid
- Zinc

## MUDRA

## Vajroli Mudra

It is also known as Thunderbolt.

## Position:

Sit in an padmasana pose / Meditative pose and close your eyes.
Keep head and spine straight

## Method:

1. Inhale and hold the breath .
2. Try to draw the urethra upward. (PC Squeeze)
3. Hold the contraction as much as possible you can.
4. Release the contraction while exhale

## Benefits of Vajroli mudra:

1. Urinary Tract
2. Premature ejaculation
3. Increase vitality

# PENIS EXERCISE FOR BETTER SEX

Most penis exercises work by stretching or expanding principles.

## Penis exercise will give you:

1. More blood flow 2. Harder and stronger erection 3. More Stamina 4. Longer penis

## Stretching Exercise :

There are many stretching exercise available .simple and very effective stretching technique 1. First pull it straight and hold it for 2 minutes 2. Then pull it right and hold it for 2 minutes 3. Then pull it left and hold it for 2 minutes 4. Then pull it upward and hold it for 2 minutes 5. Then pull it Downward and hold it for 2 minutes Do this stretching weekly twice for better result

## Circular Motion :

In this method pull it and rotate clockwise direction for 30 sec to 60 sec then pull it and rotate anti clockwise direction for 30 sec to 60 sec

# ERECTILE DYSFUNCTION

Erectile Dysfunction (ED) / Impotence The inability to develop or maintain an erection of the penis during sexual activity called as Erectile Dysfunction.

## Physical causes of Erectile Dysfunction (ED):

- Diabetes
- Heart Problem
- Obesity
- Drugs
- High cholesterol
- High Bp
- Low testosterone
- Age

## Psychological causes of erectile dysfunction:

- Depression
- anxiety
- Stress
- mental health conditions

**Some Natural cure for Erectile Dysfunction:**

## 15+ SOLUTIONS FOR ERECTILE DYSFUNCTION

- Food
- Physical Exercise
- Pose for better sex
- Penis Exercise
- Kegel Exercise
- Hot towel method
- Acupressure method
- Drumstick flowers
- Try Masturbation
- Vacuum Pump / Penis pump
- Medicine
- Herbal medicine
- Vitamin
- Acupressure

Homeopathy medicine

## Treatment for Erectile Dysfunction:

1.Injectable or suppository drugs 2.medical devices 3.penile implants 4.ED surgery

## NATURAL FOODS

Daily take 5 to 6 foods in sex boosting foods list

## PHYSICAL EXERCISE

Physical Exercise to improve your sex life Exercise will increase your libido some of the best exercise to boost your sex life. Some of the best exercises for sexual activity.

1.Wide leg stretch 2.Squat 3.Cow cat 4.Weight Training 5.Cardio 6.Ab Exercise

7.Swimming 8.Yoga 9.Fast Walking 10.Deadlift

## YOGA POSE

Pose for better sex life: 1. Child Pose 2. Cobra Pose 3. Bridge Pose 4. Plank Pose 5. Tree Pose 6. Garland Pose 7. Butterfly Pose 8. Downward dog pose

## PENIS EXERCISE

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## KEGEL EXERCISE

Kegel Exercise Kegel exercise improved blood flow to the penis. This exercise will cure all your sexual problems. Kegel exercise gives you 1. Last longer sex 2. cure Erectile Dysfunction 3. cures Premature ejaculation 4. Cures Low sex drive / Low libido Finding the PC muscle is easy. The next time you’re urinating, stop your pee mid-flow. The muscles used to stop urinating is your PC muscle

## HOT TOWEL METHOD

Hot Towel Method for Erectile Dysfunction By using a warm towel, squeeze all the hot water from it completely and place it around your penis.

It produces the blood flow to the penis and it cure erectile dysfunction and also helps to increase size

## ACUPRESSURE METHOD

Acupressure point for Erectile Dysfunction

### 1. CV 6 (Sea of Energy)

Location: Two finger width below the belly button 2. K1
Location: On the sole, in the depression when the foot is in plantar flexion, approximately at the anterior third and the posterior two thirds of the line from the web between the 2nd and 3rd toes to the back of the heel.

3. Sacral point Location: In the lower back, between the second and third lumbar vertebrae, two to four finger widths away from the spine at waist level.

4. Sp 6

Location:  Point is located four finger space above the ankle in the depression under the bone (tibia).

5. K3

Location: In depression midway between the tip of the medial malleolus and the attachment of the achilles tendon.

6. GV 20

Location: center of the top of the head where the line connecting the high points of your ears crosses the body midline until you feel a slight dip

## DRUMSTICK FLOWER

Drumstick Flowers for Erectile Dysfunction Drumstick flower increase your sexual desire.

Take some drumstick flower with warm milk

## PENIS PUMP / VACUUM PUMP

Penis Pump / Vacuum Pump Penis pump expand your penis and it will cure your erectile dysfunction naturally.

### Penis Extenders

Penis extenders work on the stretching principle

### Penis Hanger

Penis Hanger also works on the stretching principle

## HERBAL REMEDY

Herbal Remedy for Erectile Dysfunction (ED) 1. Ginseng 2. Rhodiola Rosea 3. L-Arginine 4. Ashwagandha 5. Ginkgo 6. Yohimbe 7. Horny goat weed 8. Saw palmetto 9. Maca

## Ginseng

Ginseng root (Natural Viagra) is a traditional herbal remedy. It improves sexual function in men with erectile dysfunction.

## Rhodiola Rosea

Rhodiola Rosea can boost sexual desire in both men and women. It cures Erectile Dysfunction and also it cures Premature Ejaculation.

**L-Arginine** L-Arginine - improves erectile dysfunction

**Ashwagandha** Ashwagandha is used to restore male libido, cure impotence and increase male fertility **Ginkgo** Increase blood flow to the penis and it is used to treat impotence in men **Yohimbe** Horny goat weed improve erectile dysfunction and libido

**Maca** Maca is used for infertility, and sexual healing .It increase sperm count and improve fertility. Men who have suffered from impotence, low sex-drive, and fertility problems can use this herb Note: Do not take any supplements without consulting doctor

# Homeopathy medicine for erectile dysfunction

## Homeopathy medicine for erectile dysfunction part 1

1. Caladium 2. Natrum Mur 3. Avena Sativa 4. Mercurius 5. Tribulus Terrestris

6. Damiana 7. Nupur 8. Agnus castus 9.Sabal serrulata 10.Staphysagria

## Homeopathy medicine for erectile dysfunction part 2

1. Moschus 2. Nuphar Luteum 3. Graphites 4. Titanium 5.Strychnia Phos 6. Acid Phos 7. Lycopodium 8. Onosmodium

## ED TREATMENT

Erectile Dysfunction Treatment 1. Vacuum Pump 2. Injectable or suppository drugs 3. Medical devices 4. Penile implants 5. ED surgery

## 1. Vacuum pump / penis pump:

It can use to get and maintain an erection. It increases blood flow to the penis.

## 2. Injectable or suppository drugs:

Caverject

Pavabid

Bimix

Trimix

## 3. Medical devices:

Penile pump

Viberect device

ED Ring

## 4. Penile implants:

Penile implant is another treatment option for men with erectile dysfunction

## 5. ED Surgery :

One more option is surgery. In this surgery blocking off veins within the penis that allow blood to leave the penis, which helps to maintain an erection

## MASTURBATION

Yes. Try Masturbation If you have erection problem try to masturbate weekly once.

It will give you more blood flow into to the penis.

Use some lubrication before masturbate

# LAST LONGER METHOD

Some of the Last longer methods are given below

## 18+ LAST LONGER METHODS

- Natural Foods
- Breathing Technique
- Squeeze Technique
- Condom
- Spray
- Foreplay
- Try Different Position
- Kegel Exercise
- Stop & Start Method
- Million Dollar Point
- Taoist's Natural Ejaculation Control Technique
- Tantric Technique
- Scrotum Tug Technique
- Speed Of Your Strokes
- Edging
- Passion Pump Technique
- Big Draw Method
- Mudra
- Cardio Workout

## NATURAL FOODS

Take 4 - 5 foods in sex boosting foods and sex boosting herbs list

## BREATHING TECHNIQUE

### Method 1

1. Inhale for 3 seconds.
2. Pause and hold for 3 seconds.
3. Exhale for 3 seconds.
4. Again start.

### Method 2

Inhale through the nose, Exhale through the mouth

### Method 3

Inhale through left nose Exhale through right nose

## Method 4

**Slow Breath:** If you feel yourself coming close to orgasm slow down your breath. It controls your ejaculation very effectively.

## Method 5

**Slow Breath:** Inhale Slowly and Exhale Slowly. Do it for 5 to 10 minutes

## Method 6

**Deep Breath:** Take deep breath and exhale slowly .Do it for 5 to 10 minutes

## SQUEEZE TECHNIQUE

Squeeze Technique is the one of the natural way to cure.

### How to do squeeze your penis?

Let us study below: Squeeze technique is one of the best ways to cure premature ejaculation and last longer It is done before ejaculation; tip of the penis is firmly squeezed. The squeezing technique stop the blood flow into the penis and it reduce your penis erection which prevents ejaculation.

In this method you can enjoy the sex last longer.

## CONDOM

By using thicker condom you can reduce your penis sensitivity and you can enjoy the sex last longer.

## SPRAY

Spray *Cream* Gel for last longer There are many delay sprays available in the shop to overcome premature ejaculation **Some of the delay sprays are:**

Climax spray

Stud spray

Rock Hard spray

Super dragon 6000 spray

Viga spray

DOOZ spray

Excite Man spray

Jamaican spray

Lion power spray

Adam & Eve spray

Sex spray

Sta-Erect spray

Like this many spray is there. Apply this spray and enjoy.

## FOREPLAY

1. Talk more 2. Spend more time on breast 3. Undress slowly 4. Kiss her whole body

## How to arouse a woman:

Talk dirty

Touch and lick her inner thigh

Whisper in her ears

Touch softly

## TRY DIFFERENT POSITION

**Change position:** Try different position. In some position you can enjoy sex last longer.

Some of the best position 1. Doggy style 2. Spooning position

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## STOP & START METHOD

While orgasm stop sex and start again Stop sex and start again Stop sex and start again

## MILLION DOLLAR POINT

Acupressure for Last longer Pressing the Prostate Point (PPP) This point also called as Million Dollar Point (MDP) I will teach you How to apply pressure and where the point exactly located This point exactly located between your testicles and anus.

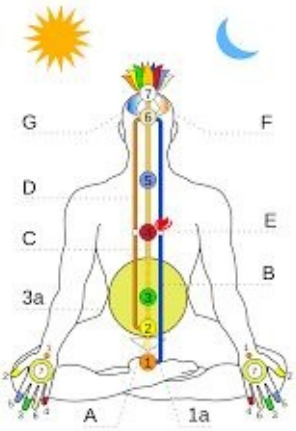
When you're urinating try to press this point. While applying pressure to this point urine will stop. This is the point you have to apply pressure.

Apply pressure gently 10 to 30 seconds. Your duration increase depends upon your pressure.

## TAOISTS NATURAL EJACULATION CONTROL TECHNIQUE

Reverse abdominal breathing called Taoist breathing. In this method the abdomen contracts inward during inhalation and relaxes outward during exhalation Reverse breathing is often used by martial-arts experts This breathing technique is very effective for premature ejaculation. This technique works your abs too

## Tantric Technique

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You can practice while doing sex.

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By using this method you can pass sexual energy throughout the body.
How to do passion pump?

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## Mudra

**Vajroli Mudra** It is also known as Thunderbolt.

**Position:** Sit in a padmasana pose / Meditative pose and close your eyes. Keep head and spine straight **Method:**

1. Inhale and hold the breath.
2. Try to draw the urethra upward. (PC Squeeze)
3. Hold the contraction as much as possible you can.
4. Release the contraction while exhale

## Benefits of Vajroli Mudra:

1. Urinary Tract
2. Premature ejaculation
3. Increase vitality

## Cardio Workout

If you want to last longer in bed then do cardio workout.

Some of the cardio workouts are:

- Swimming
- Cycling
- Jumping
- Running

# LOW LIBIDO / LOW SEX DRIVE

To cure low libido / low sex drive follow these methods:

- Natural Foods
- Testosterone Levels
- Exercise
- Yoga
- Herbal Remedy
- Vitamin

## NATURAL FOODS

Try to take 4 - 5 foods in sex boosting foods list Almond is the best natural medicine for low libido / low sex drive

## TESTOSTERONE LEVELS

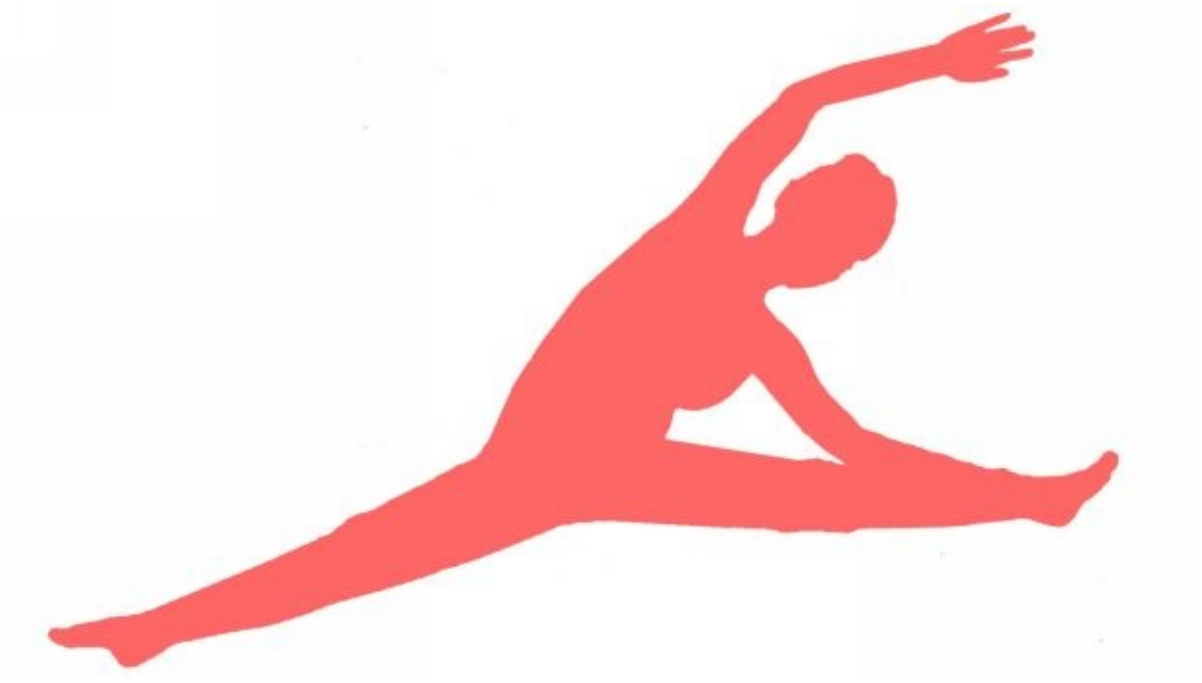
Take care of your testosterone levels.
To improve your testosterone levels do strength and resistance training

## ✅ EXERCISE FOR LOW SEX DRIVE

Exercise improves your testosterone levels. It is good for your sexual organs.

**Best exercise part 1**

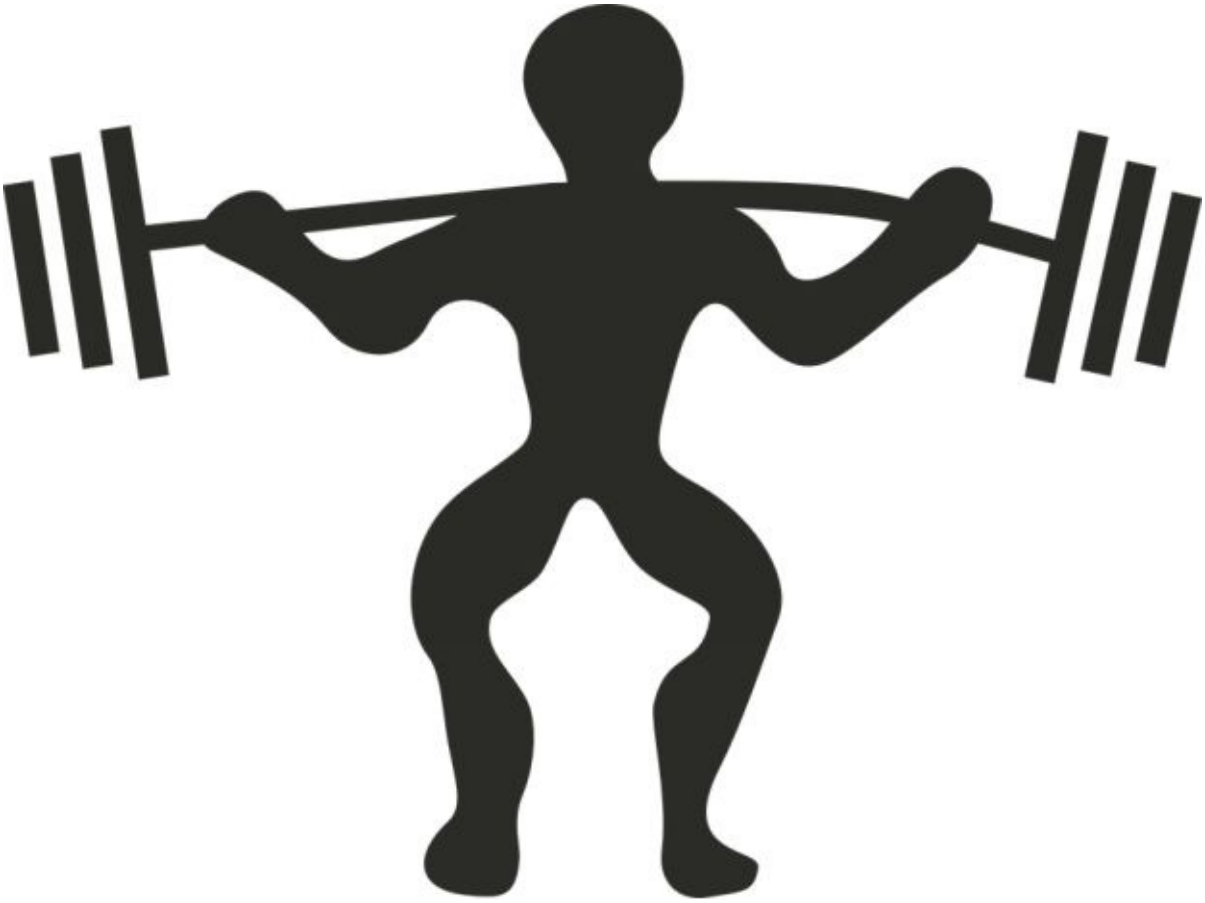
## 1. Wide leg stretch



## 2. Squat

## 3. Cow cat

## 4. Weight Training



## 5. Cardio

# Best exercise part 2

## 1. Ab Exercise

## 2. Swimming

## 3. Yoga

**4. Fast Walking**

## 5. Deadlift

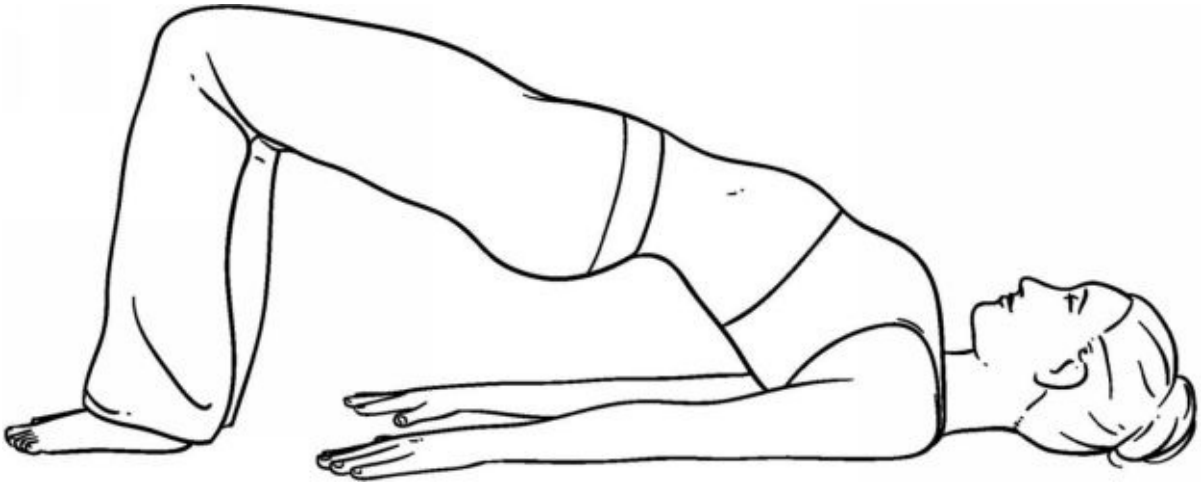
# YOGA POSE FOR LOW SEX DRIVE / LOW LIBIDO

## Yoga Pose for better sex life part 1:

### 1. Child Pose

## 2. Cobra Pose

## 3. Bridge Pose



## 4. Plank Pose

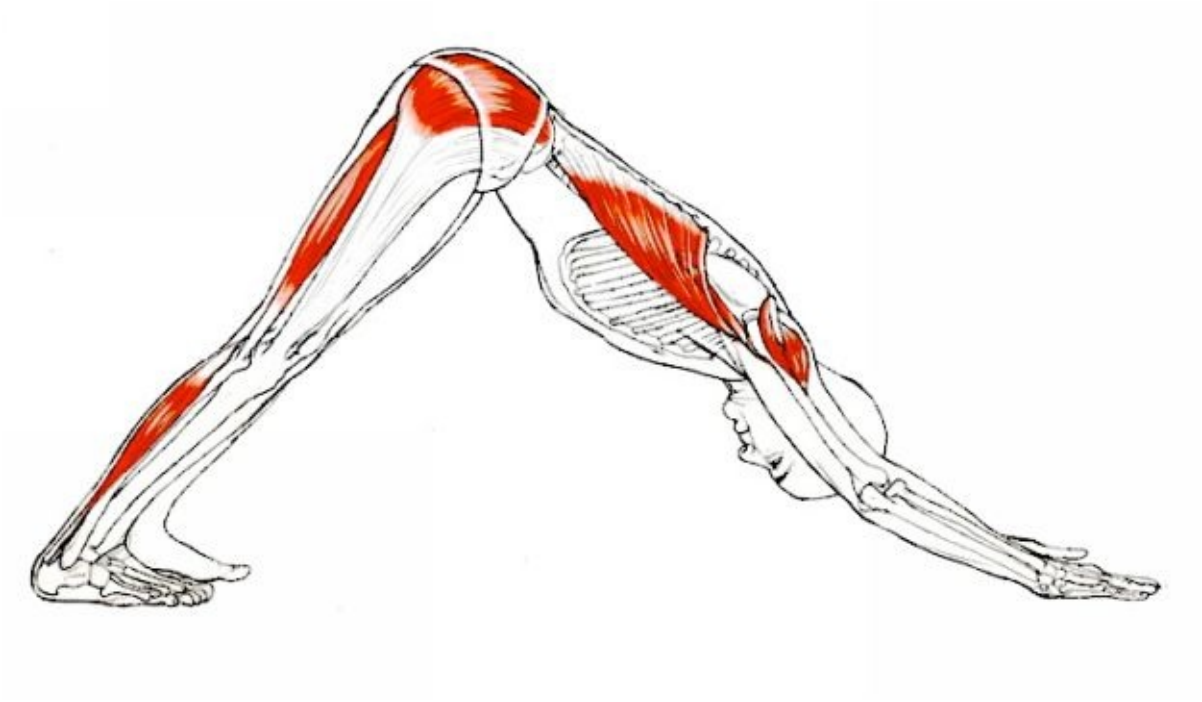
## Yoga Pose for better sex life part 2:

## 1. Tree Pose

## 2. Garland Pose

## 3.Butterfly Pose

## 4.Downward dog pose



## HERBAL REMEDY FOR LOW SEX DRIVE / LOW LIBIDO

1. Horny goat weed 2. Ginseng 3. Gingko biloba 4. Yohimbine 5. Ashwagandha 6. Maca 7. Chrysin 8. Muira puama 9. Chasteberry (Vitex)

## VITAMIN FOR LOW SEX DRIVE / LOW LIBIDO

### Vitamin D:

Vitamin D is essential for maintain semen quality and sperm count. Vitamin D also increases levels of testosterone, which may boost your libido naturally

### Zinc:

Mineral zinc is important for testosterone production and it is good for your sex drive / libido

## Best Exercise for Better sex

Physical activity must for better sex life. Some of the best exercises are

## BEST EXERCISE PART 1

1. Stretch 2. Wide leg stretch 3. Squat 4. Cow cat 5. Weight Training 6. Cardio

## BEST EXERCISE PART 2

1. Ab Exercise 2. Swimming 3. Yoga 4. Fast Walking 5. Deadlift

## PREGNANCY TIPS

Some of the pregnancy Tips are given below How to get pregnant fast?

How to achieve quality sperm?

How to find partner ovulation time?

What position to get pregnant fast?

## HOW TO GET PREGNANT FAST?

1. Take Vitamin C rich foods like lemon, orange, guava 2. Choose correct position 3. Missionary position is the best position to get pregnant faster. 4. Do some physical activity 5. After sex don't leap out of bed, lie there 10 to 15 minutes 6. Don’t use lube. It will affect your sperm.

## HOW TO ACHIEVE QUALITY SPERM?

1. Take vitamin C, Zinc, Vitamin D, Folic acid 2. Take lemon juice, Guava, Citrus fruits etc 3. Take some sunlight 4. Regular physical activity

## HOW TO FIND PARTNER OVULATION TIME?

1. For 28 day menstrual cycle Ovulation occurs 14th day 2. Have Sex Before Ovulate 3. Have sex 10th day of your period up to 20th day to get pregnant 4. Have sex every other day starting around day 10 and continue it up to day 20 to 25

5. Have sex every other night around the time of ovulation helps increase your chance of getting pregnant You confuse about ovulation then try this one: Have sex every 3 days

## WHAT POSITION TO GET PREGNANT FAST?

Classic missionary position

# FERTILITY FOODS FOR MEN

## FERTILITY FOODS FOR MEN PART 1

- Oysters
- Dried fruits
- Cranberries
- Carrots
- Red peppers
- Apricots
- Tomatoes
- Grapefruit
- Broccoli
- Sweet potato

## FERTILITY FOODS FOR MEN PART 2

- Pomegranate
- Pumpkin seeds
- Asparagus
- Bananas
- Eggs
- Almonds
- Citrus fruit
- Salmon
- Peas
- Garlic
- Walnuts
- Lentils

# FERTILITY FOODS FOR WOMEN

## FERTILITY FOODS FOR WOMEN PART 1

- ➔ Fish
- ➔ Seeds
- ➔ Bell peppers
- ➔ Tomatoes
- ➔ Broccoli
- ➔ Kiwi
- ➔ Nuts

## FERTILITY FOODS FOR WOMEN PART 2

- ➔ Eggs
- ➔ Water
- ➔ Asparagus
- ➔ Almonds
- ➔ Salmon
- ➔ Figs
- ➔ Berries

# FOODS TO BOOST SPERM COUNT

## FOODS TO BOOST SPERM COUNT PART 1

- ❑ Garlic
- ❑ Ginseng
- ❑ Walnuts
- ❑ Dark Chocolate
- ❑ Oysters
- ❑ Maca
- ❑ Banana
- ❑ Asparagus
- ❑ Pumpkin Seeds
- ❑ Goji Berries

## FOODS TO BOOST SPERM COUNT PART 2

- ❑ Pomegranates
- ❑ Egg
- ❑ Water
- ❑ Spinach
- ❑ Carrots
- ❑ Avocado
- ❑ Citrus Fruits
- ❑ Tomatoes
- ❑ Beans
- ❑ Nuts
- ❑ Barley
- ❑ Broccoli

# HOT SPOT

## HOT SPOTS OF WOMAN'S BODY PART 1

- ➔ Big Toe
- ➔ Sacrum
- ➔ Nipples
- ➔ Breast
- ➔ Scalp
- ➔ Ear
- ➔ Nose

## HOT SPOTS OF WOMAN'S BODY PART 2

- ➔ Clitoris
- ➔ Vagina
- ➔ Mouth
- ➔ lips
- ➔ Neck
- ➔ Inner thigh
- ➔ Buttocks
- ➔ Behind the knee
- ➔ Wrist

While intercourse try to concentrate on this points.

# ACUPRESSURE METHOD

By using acupressure method you can cure your sexual problems.

## ACUPRESSURE POINT FOR ED

### 1. CV 6 (Sea of Energy)

Location: Two finger width below the belly button

### 2. K1

Location: On the sole, in the depression when the foot is in plantar flexion, approximately at the anterior third and the posterior two thirds of the line from the web between the 2nd and 3rd toes to the back of the heel.

### 3. Sacral point

Location: In the lower back, between the second and third lumbar vertebrae, two to four finger widths away from the spine at waist level.

## 4. Sp 6

Location:  Point is located four finger space above the ankle in the depression under the bone (tibia).

## 5. K3

Location: In depression midway between the tip of the medial malleolus and the attachment of the achilles tendon.

## 6. GV 20

Location: center of the top of the head where the line connecting the high points of your ears crosses the body midline until you feel a slight dip

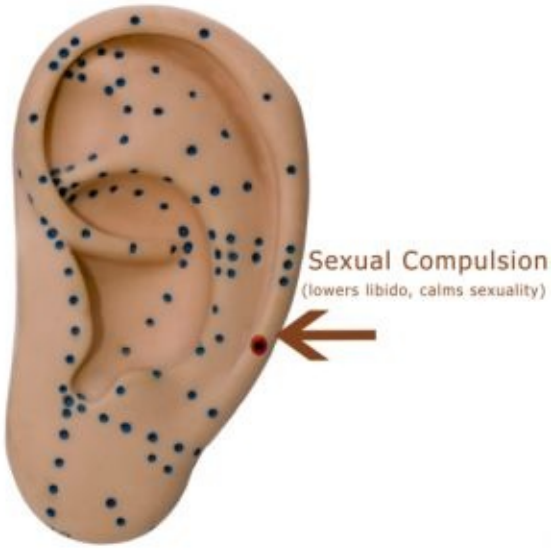
## ACU POINT FOR LIBIDO

### 1. Million dollar point (MDP)

Location: This point is located between the anus and the scrotum

**2. Sea of origin**

### 3. Bosch point ( Libido point)



## 4. Third eye point (GV 24.5)

Location: This point located in between the eyebrows

## 5. CV 24

Location:  On the face, under the lower lip in the midline, in the depression (the mento-labial groove) between the point of the chin and the lower lip.

## ACU POINT FOR PE

### 1. MDP

Apply pressure to a point on the male between the anus and the scrotum

### 2. SP6

Location:  Point is located four finger space above the ankle in the depression under the bone (tibia).

# HOMEOPATHY MEDICINE FOR GOOD SEX

# HOMEOPATHY MEDICINE PART 1

**1. Caladium -** It is used for Erectile Dysfunction, Premature Ejaculation and Impotence

**2. Natrum Mur -** It increases sex drive

**3. Avena Sativa -** It increases sex drive, premature ejaculation

**4. Mercurius -** It increases sexual desire

**5. Tribulus Terrestris -** It increases testosterone level, Fertility problems, Sexual weakness

**6. Damiana -** It increases sex time, improve penis health, Boost libido for men and women

**7. Agnus castus -** It is used for weakness of penis, low sex drive, premature ejaculation

**8. Sabal serrulata -** best medicine for prostate gland, sperm production and sex drive

**9. Staphysagria - It is used for prostate problems and sexual health.**

## HOMEOPATHY MEDICINE PART 2

**1. Moschus -** It stimulates sexual function, erectile dysfunction

**2. Nuphar Luteum -** Erectile Dysfunction and Sexual Weakness

**3. Graphites -** In increases sexual desire

**4. Titanium -** Sexual weakness, premature ejaculation

**5. Strychnia Phos -** It is used for erectile dysfunction and also benefit for premature ejaculation

**6. Acid Phos -** It is used for infertility, erection problems and premature ejaculation

**7. Lycopodium -** It is used for impotence, weak penis

**8. Onosmodium - It increases sexual desire in both men and women**

## AYURVEDIC MEDICINE FOR GOOD SEX

Some of the ayurvedic medicines are given below

## Ayurvedic Medicine Part 1

**1. Shatavari -** used for low libido and infertility

**2. Safed musli -** used for improving sexual performance, Erectile Dysfunction

**3. Shudh shilajit (asphaltum) -** sexual health

**4. Ashwagandha -** sexual health

**5. Kaunch beej -** used for sexual weakness

**6. Ras sindoor -** Sexual health

**7.Rajat bhasm -** used for impotence

**8. Shatavari - to increase libido**

## Ayurvedic Medicine Part 2

1.Shudh vidhara (argyreia nervosa) 2. Abhrak bhasm (mica / glimmer, biotite calx.) 3. Sura sar dust (nitre saltpetre / potassium nitrate) 4. Kapikachhu (Mucuna pruriens) 5. Bala (Sida cordifolia) 6. Vidari kanda (Ipomoea digitata) 7. Shilajit (Asphaltum, mineral pitch) 8. Pippali (Piper longum)

# HOW TO PREPARE BEFORE SEX

**Evergreen tips for you ==>**

Take this 1 hour before going to bed.

1. Take 2 banana 2. Take 10-15 almonds 3. Take 1 gram of nutmeg powder ( Don't take more )

4. Take 2 cloves 5. Take 2 cardamom 6. Take breathing exercise for 10-15 minutes. At least take 5 minutes 7. Try Taoist breathing exercise for 5 minutes.

8. Dark chocolate

# HOW TO RECHARGE AFTER SEX

## Refractory period

After orgasm, both men and women experience a resolution stage. At this time, their bodies “recover” from sexual excitement and return to their normal states. For men, the penis becomes flaccid again and he goes through a refractory period.

During the refractory period, a man doesn’t think about sex or get aroused. His body does not respond to sexual stimulation and he is unable to reach orgasm again until the period is over. The length of the refractory period is different for every man. It may take a half hour or more for his body to perform sexually again.

**Foods to reduce refractory period:**

- ❑ Dark chocolate
- ❑ Ginger
- ❑ Watermelon
- ❑ Berries
- ❑ Spinach
- ❑ Asparagus
- ❑ Broccoli
- ❑ Pumpkin seeds

## Supplements and tips to reduce refractory period

- ❑ Testosterone
- ❑ Nitric Oxide
- ❑ Exercise - Physical exercise can actually help you to get an erection after having an orgasm ❑ Reduce Stress
- ❑ Vitamins B6, B12
- ❑ Do Kegel exercise
- ❑ Zinc
- ❑ Amino Acids

## What Should You Eat Before Sex?

- Avocados
- Strawberries
- Dark Chocolate
- Figs
- Watermelon
- Asparagus
- Garlic
- Oysters
- Ginger
- Pumpkin Seeds
- Sunflower seeds
- Banana
- Celery
- Milk
- Water
- Almond
- Seafood

## What Should You Eat After Sex?

- Apple
- Water
- Zinc rich foods
- Milk
- Orange
- Cranberry

# FOOD FOR BETTER ORGASM

## FOOD FOR BETTER ORGASM PART 1

- ❑ Dark Chocolate
- ❑ Bananas
- ❑ Olive Oil
- ❑ Garlic
- ❑ Oranges
- ❑ Eggs
- ❑ Zinc-Rich Foods
- ❑ Ginseng Tea
- ❑ Soya

## FOOD FOR BETTER ORGASM PART 2

- ❑ Oysters
- ❑ Hot Peppers
- ❑ Asparagus
- ❑ Watermelon
- ❑ Honey
- ❑ Spicy
- ❑ Seeds
- ❑ Nuts
- ❑ Seafood

# FOODS THAT ACT LIKE VIAGRA

## FOODS THAT ACT LIKE VIAGRA PART 1

- ✓ Walnuts
- ✓ Eggs
- ✓ Spinach
- ✓ Dark Chocolate
- ✓ Banana
- ✓ Avocados
- ✓ Cardamom
- ✓ Pomegranate
- ✓ Asparagus
- ✓ Maca
- ✓ Pumpkin Seeds
- ✓ Celery

## FOODS THAT ACT LIKE VIAGRA PART 2

- ✓ Chilies
- ✓ Figs
- ✓ Garlic
- ✓ Almonds
- ✓ Oysters
- ✓ Cloves
- ✓ Fenugreek Seeds
- ✓ Fennel Seeds
- ✓ Anise Seeds
- ✓ Black Peppercorn
- ✓ Ginger
- ✓ Cinnamon Bark